

# CREATIVE INCLUSIVE COACHING

## The Importance of a Visual Schedule

Written and/or Icons spells out the order of activities

Can be used for overall group schedule, for a more in depth activity, or for an individual participant

Being able to see the sequence of events helps participants to feel comfortable and in control of their day

## DIRECTIONS FOR USING A VISUAL SCHEDULE

- Determine the schedule for the program/group and choose appropriate icons (add words if age appropriate) representing each event (generally around 4-6 activity icon).
- Arrange the icons on your board in the appropriate sequence for the program. Whenever possible, have your participants engage in adding the icons.
- Review the program schedule with the participants for the day/duration of offering.
- Use “first....then...” language to review sequence of upcoming activities (First we’ll play with the blocks then we go to arts and crafts)
- Remove icon from schedule board or cross off when an activity is completed. Encourage participants to take part in this exercise.
- A useful tool to help process an unexpected change in the schedule (for example if an activity needed to be cancelled, bring the group together and review that change)
- Provide positive verbal feedback when participants are taking part in creating the schedule or remove icons when an activity is completed and/or use this process as a positive reinforcement. “Great job gathering the balls Dylan, would you like to take off the icon and tell us what is next?”

### TEAM PRACTICE SCHEDULE

WELCOME & PRACTICE STARTS	
REVIEW SCHEDULE & EXPECTATIONS	
STRETCHING & WARM UP	
PASSING & CATCHING DRILLS	
STATIONS	
4V4 GAMES	
END OF PRACTICE CHECK IN	

For more information or guidance on how to ensure that

Lacrosse Is A Game For ALL



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